



MILLVILLE PUBLIC SCHOOLS LAKESIDE MIDDLE SCHOOL LUNCH MENU OCTOBER 2016



A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and a choice of milk.

Milk choices include skim milk, 1% white and skim chocolate. Fresh Fruit and 100% Fruit Juice based on availability.

School lunches offer students the opportunity to create a meal from a variety of food groups.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3) Chicken Dipper Day Chicken Tenders /Popcorn Chicken/ Hot Spicy Tenders Dipping Sauce /Carrots Oven Baked French Fries Fruit	(4) Burger Bar Sautéed Onions Lettuce and Tomato Green Beans/Savory Baked Beans Potato Wedges Fruit	(5) Toasted Cheese Sandwich Tomato Soup Goldfish Crackers French Fries Chilled Fruit 100% Fruit Juice	(6) Pizzeria Style or Stuff Crust Pizza Tossed Romaine Salad Seasoned Spinach Spiral Potato Chilled Fruit 100% Fruit Juice	(7) In –Service Day School Closed
(10) Columbus Day School Closed	(11) Chicken Bowl Popcorn Chicken Over Mashed Potatoes/Gravy Cheddar Cheese Corn Fruit	(12) Meatballs on a Torpedo Roll Seasoned Green Beans Tossed Romaine Salad Potato Smiles Chilled Fruit 100% Fruit Juice	(13) Nacho Bar Lettuce / Tomato Cheddar Cheese Sauce Sour Cream/ Salsa Black Beans / Corn 100% Fruit Juice Fruit	(14) Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad Spiral Seasoned Potatoes Fruit 100% Juice
(17) Pizza Cheese Steak Oven Baked French Fries Pinto Bean Side Salad Chilled Fruit	(18) Chicken Fajita's Cheddar Cheese Peppers /Onions/Sour Cream Whole Grain Fiesta Rice Corn Fruit	(19) Hot Dog On a Bun Macaroni Cheese Boston Pinto Baked Beans Potato Rounds Chilled Fruit 100% Fruit Juice	(20) Chicken Patty on a Bun Broccoli and Cheese Potato Wedges Chilled Fruit 100% Fruit Juice	(21) Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad Garbanzo Bean Spiral Seasoned Potatoes Fruit 100% Fruit Juice
(24) Burger Bar Sautéed Onions Lettuce and Tomato Green Beans/Savory Baked Beans Potato Wedges	(25) Chicken Bowl Popcorn Chicken Over Mashed Potatoes/Gravy Cheddar Cheese Corn Fruit	(26) Mozzarella Cheese Sticks Tomato Soup Goldfish Crackers French Fries Chilled Fruit 100% Fruit Juice	(27) Turkey Tacos Hard/Soft Shells/Steamed Rice Black Beans/Corn Lettuce Tomato /Cheese Chilled Fruit 100% Fruit Juice	(28) Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad Spiral Season Fries 100%Fruit Juice
(31) Sweet 'n Sour Chicken Fried Rice/Broccoli Egg Roll/Fortune Cookie Fruit			Grab n' Go Assorted Hot Sandwiches Available Every Day!!!!	

ALTERNATE ENTRÉE: ASSORTED COLD SANDWICHES, SALADS, SUBS, PEANUT BUTTER & JELLY SANDWICHES
 TURKEY PEPPERONI OR TURKEY HAM AND CHEESE ON A PRETZEL BUN, PIZZA, COOK'S CHOICE OF CHICKEN, BUFFALO WRAPS
 LUNCH PRICE \$3.00, \$.40 Reduced*, Free*(If Qualified) / USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.